



Youth Basketball Rules

Purpose: This program is designed to teach boys and girls the basic fundamentals of the game of basketball. The focus is on participation, skill development and sportsmanship.

1. **Eligibility:** Players must be 5 years-old by March 31. Players in K/1st will play in the coed **Kinderball League**. Players in 2nd/3rd grades will play in **Junior Basketball League**, players in the 4th/5th grades will play in the separate gender **Elementary Basketball Leagues**.
2. **NYSCA/Background Check:** All bench coaches must have a current NYSCA certification in basketball. Certification can be completed at www.nays.org. All coaches must successfully complete a background check application.
3. **Equipment:** Kindergarten/1st grade league will play on 8-foot goals and use junior size basketballs. 2nd/3rd grade leagues will play on 9-foot goals and use junior size basketballs. 4th/5th grade leagues will play on 10-foot goals and use intermediate size basketballs.
4. **Game Shirt:** Tulsa Parks will provide a game shirt. The shirt must not be altered in any way. No jewelry may be worn. Tape over pierced earrings will not be allowed. The use of any unyielding hard substance on any part of the body, no matter how covered or padded, will not be permitted. We recommend players wear safety glasses. The game official shall decide any question regarding the legality of a player's equipment or uniform. If a team wears the same color game shirts, then target jerseys will be provided and must be worn by the visiting team.
5. **Courtesy Scoreboard:** Every scoreboard indicates a "Home" side and a "Guest" side. Teams should occupy the bench as designated by the league schedule. Each team will practice at the goal nearest their bench before the game begins. Each team will shoot at the goal farthest away from their bench. At half time the teams shall change goals and shoot at the goal in front of their bench during the second half.
6. **Roster:** Roster is limited to 10 players maximum. **NO EXCEPTIONS**. Kinderball League is co-ed. Junior and Elementary Leagues will be separated by gender.
7. **Referees:** All leagues will use paid officials. When two officials are present, each team is responsible for paying one official \$20 cash fee. If only one official is present, then each team will pay \$15 cash to that one official. Parents are to pay this fee to the coach. The coach **is not expected** to pay this out of his/her own pocket.
8. **Equal Play:** **Every player must play two (2) complete uninterrupted quarters AND sit out one (1) complete uninterrupted quarter.** "Uninterrupted" is defined as: A player

cannot be substituted in or out of the game. Exceptions are: injury, illness, disciplinary action, or six or less players are in attendance. The coach must notify the official and record/scorekeeper if any of these conditions exist. Record/Scorekeeper should record the reason on the record/score sheet. If a player arrives late, the coach must play the children equally in the remaining time.

9. Forfeits: Games will be forfeited 10 minutes after the scheduled game time. A team must have four players to start and a NYSCA certified coach. Any team that forfeits must pay \$40 cash to pay for both officials. This is due to the league coordinator before the next scheduled game. If a team forfeits and does not pay the fee by their next game they will be subject to expulsion from the league.

10. Time: If a game runs late, the start of the next game will begin after a five minute warm up period. **Kinderball League** will play four 6-minute quarters. **Junior League** will play four 7-minute quarters and **Elementary League** will play four 8-minute quarters. There will be 1-minute break between quarters and 5-minute break at halftime.

- The clock will run continuously, including for shooting fouls. Exceptions will be for time outs, injuries and for the last 1-minute of the 2nd and 4th quarters during which the clock will stop for all dead ball situations. No overtime play; games ending in a tie will remain a tie.

11. Game Administration: At pre-game meeting with officials all coaches must show a current NYSCA card with a certification in basketball and pay the officials.

- **Home Team** will provide an adult **Record Keeper/Score Keeper** for keeping track of fouls, playing time and score for both teams (**please note: score is NOT kept in Kinderball League**). League Coordinator will provide record/score sheets for all games. At the start of each quarter a “/” slash mark is recorded for each player. For a substitution, an “X” mark is recorded for each player that enters the game AND for player that leaves the game. After each quarter the sheets should be checked and initialed by the official. After the game, center staff will send all sheets to the appropriate league coordinator.
- **Guest Team** will provide an adult **Timekeeper**. Timekeeper shall operate the clock and possession arrow.

12. Check In/Substitutions: All players should check in with the record/score keeper before the start of each quarter. Players may be substituted during each quarter and half time or to replace an injured or sick player. During play subs should give his/her number and the number of the player who is being replaced. The sub can sit near the score table until an official gives permission to enter the game. Timekeeper should sound the horn during a dead ball situation to get the attention of the officials. After a goal is made, this is NOT a dead ball situation.

13. Score: League standings will not be kept in any league, and all players will receive a participation trophy at the end of the season.

- **Kinderball League:** No team score will be kept or recorded. Timekeepers should not display any score on the scoreboard. Record keepers may record, on the record sheets, individual goals made but NO team totals.
 - **Junior and Elementary:** They will keep a team score and it will be displayed on the scoreboard.
14. Mercy Rule: **Junior, Elementary and Upper Elementary Leagues:** If at any point during the game a team is ahead by 25 or more points, both scores will be eliminated from the scoreboard for the duration of the game. Timekeeper will still keep all other functions of the clock. Scorekeeper will stop recording team scores.
 15. 3-Point Shot: The 3-point shot will be counted as **two** points in the **Kinderball and Junior Leagues**. The 3-point shot will be counted as **three** points in the **Elementary League**
 16. Bench Coaching: The coach is restricted to the coaching area in front of his/her bench, this area is determined by the seated players, hash marks or as the referee determines.
 17. Time Outs: Each team is entitled to two, 1-minute time outs per half. Time outs will not accumulate from the first half to the second half. Record/score keepers should record the time on the sheet. For example: the Bulls call a time out with 3 minutes and 20 seconds displayed on the clock. This time, 3:20, should be recorded in the box under the quarter in which the time out was taken.
 18. Start of Game: A jump ball at the center of the court shall determine control of the ball. The team not obtaining control of the ball shall be given the possession arrow.
 19. Alternating Possession: Most “jump balls” have been eliminated in favor of teams taking turns gaining possession for a throw-in after a held ball, situations when possession is in question and at the start of the 2nd, 3rd and 4th quarters.
 20. Lane Violation: No lane violations will be called in **Kinderball and Junior Leagues**. In **Elementary League** a lane violation shall be a 5-second count.
 21. Free Throws: Free throws shall be made from the 12-foot line instead of the regulation 15-foot line. **Kinderball and Junior Leagues:** Shooters may start at the bottom of the circle and jump over the line when attempting the shot. Four defensive and two offensive players shall line up in the marked spaces closest to the goal. The lane spaces nearest the free throw line (shooter) shall be vacant. Players may not move until the ball hits the basketball rim.
 22. Defense: A “zone” or “man-to-man” defense may be used although “man-to-man” defense is recommended. Timekeepers should not stop the clock if an official delays the throw-in or pauses the game to allow the defense time to get set up.

Kinderball and Junior Leagues: Before the defense can guard the offensive player with the ball, the defense must allow the offense an opportunity to bring the ball down to the 3-point circle in the following situations:

- A. After a goal is made;
- B. Any time a dead ball is put into play;
- C. Any time the offensive player with the ball “holds up.” A “held up” ball is defined as a player that is stopped, bent over and is hugging or shielding the ball from other players.

The defense may guard the offense any place on the court when the following situations occur:

- A. The offensive player with the ball has crossed the defending side 3-point circle;
- B. The defense steals or rebounds the ball, takes the ball down the court (fast break) and does not “hold up” the ball;

Elementary League: The defense must allow the offense an opportunity to bring the ball down to the half court line before guarding the offensive player with the ball. **Full court press** will be allowed in the last **two minutes** of the 2nd and 4th quarters. There is no full court pressing if a team has a ten point or more lead.

Coed Elementary: If a team gets ahead by 20 points or more, the defense must allow the offense an opportunity to bring the ball down to the 3-point circle

- 23. Traveling/Walking: **Kinderball and Junior Leagues:** Three steps in a forward progression, shuffling or both feet pivoting in a stationary position will be allowed. Four or more steps in a forward progression, shuffling or pivoting that result in a progression in any direction will be a traveling violation. **Elementary Leagues:** Traveling violation will be called: on which the ball handler takes too many steps without dribbling, drags or moves the pivot foot, or takes too many steps after having ended a dribble series.
- 24. Screen: A screen is defined as taking position in the anticipated path of the defensive player guarding a teammate in order to free the teammate to take an open shot or go to the basket. A screener must be (1) stationary prior to contact with (2) hands and arms close to the body. When these two requirements are not met and there is sufficient contact delivered by the screener to bump, slow or displace, it is a foul on the screener.
- 25. Charging: A foul committed by the offensive player when he/she runs into a defender who has established position and is essentially motionless. If the defender hasn't established position, it is blocking, a foul on the defensive player.
- 26. Blocking: Using any part of the body to block or impede an opponent's progress.
- 27. 10-Second Rule: **Kinderball and Junior Leagues:** The offensive team, having gained control of the ball and crossed the half court line, must bring it across the 3-point line within 10 seconds. **Elementary Leagues:** The offensive team, having gained control of the ball in its own backcourt, must bring it across the centerline within ten seconds. Failing to do so is a violation.
- 28. Double Dribble: Is a violation in which a player resumes dribbling after having stopped a dribble series, or dribbles the ball with both hands simultaneously. Violation rule will be at the discretion of the officials.

29. Personal Foul: A foul that involves physical contact between opposing players. Among the most common personal contact fouls are blocking, charging, elbowing, hacking, and holding. Excessive swinging the arms or elbows without any physical contact is now considered a violation.
30. Flagrant Foul: Unnecessary or excessive contact against an opponent. The fouled player is awarded two free throws, the offended team then inbounds the ball, and the offending player may be ejected.
31. Intentional Foul: A foul deliberately committed by a defensive player without making a play on the ball to stop the clock. The team that was fouled gets two free throws and possession of the ball.
32. Technical Foul: A type of foul called because of a procedural violation or misconduct not involving physical contact between players, although very violent contact will be punished with a technical foul as well as a personal foul. Technical fouls are called for unsportsmanlike conduct such as: showing disrespect for an official through physical contact or excessive argument, gestures or using profanity; baiting or taunting any player either verbally or by gestures; and inciting undesirable crowd reactions. The non-offending team is awarded two free throws and the team what was in possession of the ball at the time of the foul is given a throw-in. An additional Technical Foul penalty may include a warning by the official and/or a player, coach, parent or spectator is subject to ejection from the game and building.
33. Team Foul: When a personal, flagrant, intentional or technical player foul is charged it is recorded to the player and to the team on the record/score sheet. Team fouls are cumulated each half to determine bonus free throws.
34. One-And-One: When a team commits 7-team fouls, one shot plus a bonus shot (if first shot is made) is awarded to the opposing team. When a team commits 10-team fouls, two shots are awarded to the opposing team. Record/Scorekeeper should notify the officials of the foul situation at the time of the 6-team and 9-team foul infraction.
35. Sportsmanship: Coaches, spectators and players who confront an official, opposing coach, player or spectator in an unsportsmanlike behavior will be subject to automatic rejection from the game and building. The League Committee and/or NYSCA Committee will review the offense for further disciplinary action.
36. Protests: All officials' decisions are final. Any concerns or complaints regarding negative conduct or unsportsmanlike behavior can be submitted, but it must be a written document to the League Coordinator and Youth Sports Coordinator. The League Committee and/or NYSCA Committee will review the allegation and determine action taken.
37. Committee Decisions: All committee decisions are final.